

Food Allergies (AK 35-USDA 353)

Explain to Participant	You're enrolled in the WIC program today because your doctor has diagnosed you with allergies to certain foods. A food allergy is a reaction of the body's immune system to something in a food or an ingredient in a food, usually a protein.	
Goal	The goal is to help you learn the foods to avoid and to substitute so you get all the nutrients you need from the foods you can eat.	
Suggestions for Reducing Risk	<p>Refer to a Registered Dietitian (RD).</p> <p>Follow the recommendations of your health care provider.</p> <p>See your doctor regularly.</p> <p>Explain the nutrition education material suggested.</p> <p>Keep food diaries to determine food reactions.</p> <p>Read food labels to avoid food to which you are allergic.</p> <p>Breastfeed your baby to avoid allergic reactions to formula.</p> <p>Drink 8 glasses of water every day.</p>	
Nutrition Education Material Suggested	Understanding Food Allergy	
Explain Applicable WIC Foods	WIC Foods	Nutrients Provided
	Milk	Calcium, Vitamin A, Protein
	Cheese	Calcium, Vitamin A, Protein
	Eggs	Protein
	Beans or Peanut Butter	Protein, Iron
	WIC Juice	Vitamin C
	Cereal	Iron
	Carrots	Vitamin A
	Tuna Fish	Protein
	Salmon	Calcium, Vitamin A, Protein
	Iron Fortified Infant Formula	Calcium, Vitamins A & C, Protein, Iron
	Iron Fortified Infant Cereal	Iron
Explain What the WIC Nutrients Can Do for You!	Calcium	Keeps bones healthy. Helps muscles work. Helps blood clot. Helps control blood pressure.
	Iron	Carries oxygen in your blood to your muscles. Prevents anemia. Prevents infection.
	Vitamin C	Helps your body heal. Helps fight infections. Helps your body use the iron in the foods you eat.
	Protein	Makes up part of every cell in your body. Builds and maintains muscles and other tissues.
	Vitamin A	Helps keep your skin healthy and smooth. Helps you see at night.
Materials with More Information		